


WHERE DO I GO FOR HELP?

		Helping Agency										
		Alcohol & Drug Abuse Prevention 722-1883	Airman & Family Readiness 722-1123	A&FRC-Military Family Life Counselor phone # below	Chaplain 722-0315	Equal Opportunity 722-1180	Family Advocacy 722-1878	Health and Wellness Center 722-0575	Mental Health Clinic 722-1883	Military One Source (800) 342-9647	Medical Group Primary Care 722-1802	Sexual Assault Response Coordinator 920-7272
Life Stressors	Alcohol/Drugs	★			★						★	
	Clinical Anxiety/Panic/Depression								★	★	★	
	Domestic Violence/Neglect						★					
	Finances		★	★					★	★		
	Grief			★	★				★	★	★	
	Homicidal Thoughts				★				★		★	
	Nutrition/Fitness/Tobacco							★	★	★	★	
	Marriage/Family		★	★	★		★		★	★	★	
	Medication Needs								★		★	
	Relationships		★	★	★		★		★	★	★	
	Sadness/Worry		★	★	★				★	★	★	
	Sexual Assault			★	★		★		★		★	★
	Sexual Harassment				★	★			★		★	
	Suicidal Thoughts				★				★		★	
	Unlawful Discrimination					★						
	Work/School		★						★	★	★	
		Adult MFLC: 919-886-3346					Child MFLC: 919 886-3405					